



Pleasantries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us



July 2016

Pleasant Street Center
49 Pleasant St.
781-942-6794
Mon. – Fri. 8:30 - 4:00 p.m.
Coordinator/Sharon Thomas
781-942-6796

Case Manager, Kerry Valle
781-942-6659

Nurse Advocate, Alyse Warren,
781-942-6693

Van Driver,
Joe Beninati

Administrator, Jane
Burns 781-942-6658

Clerk, Ann Gentile
781-942-6608



4th Annual Council on Aging Lobster Roll Dinner

Thursday, July 28, 5:00 pm

Join us for lobster roll, coleslaw, chips & dessert compliments of
the Reading Council on Aging.

Due to the popularity of this dinner we ask if you attended last
year, to wait until 6/30 for reservations.

Reading residents only. (781) 942-6794




Your skin health is as important as your physical health. Come for
a brief informational meeting in the Great Room at **11:45** before the
Luau begins **Thursday July 14th.**

LUAU LUNCHEON





Thursday, July 14
12:00 pm

 **Hawaiian Dance Performance:** tradition-
al music and dances from Hawaii with
the flowing hands and graceful movements, The
Tahitian/Polynesian featuring the exotic rhythms
of the drums. join in for some fun and be part of a
fun Hula Lesson.

\$2.00 suggested donation for lunch



☆
☆  **Fourth of July Lunch:**  ☆
☆ Friday, July 1, 12:00 ☆
☆ BBQ chicken served with corn pudding and ☆
☆ cole slaw. Berry and pudding swirl with ☆
☆ whipped topping for dessert. ☆
☆ *\$2.00 suggested donation for lunch* ☆
☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

IMPORTANT SYMBOLS

Registration Required 
Free Transportation
781-942-6794 

Reservations start Tues., June 28. Please call by noon
at least **two** days before the event.

GET THE SCOOP



Wednesday, July 20, 11:00
Join your favorite librarians as
they dish out hot summer reads
and cool ice cream scoops.

MOVIE DAYS

**Movie Day: Brooklyn, Thurs., July 7, @ 1:00**

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

**Movie Day: Spotlight, Thurs., July 21, @ 1:00**

The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.

GET YOUR GAME ON!

Games on the Big Screen: Thursday, July 28, 1:00, Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, \$10,000 Pyramid. Refreshments provided.

Cribbage: Mondays, 1:00 - 3:00

Bingo: Tuesdays 1:00—2:30

Billiards: (No van) Weds., 10:00 - 11:15

Pool table is available Monday - Friday

Mah Jongg: Thursdays, 12:30 - 3:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, Maximum 32, (No Van).

PLEASANT STREET SPA

Roberta Our Hairdresser—Monday, July 18, 9:30 – 1:00 by appointment call (781) 245-6605

Manicures – Thursday, July 14 & 28, 9:30 – 1:00, \$6.00 or \$7.00 for French

For chair massage please call the Pleasant Street Center (No Van Service)

Chair Massage - Thursday, July 7, 21 & 28, 9:30 – 12:00 receive a 15 minute chair massage for only \$10.

Reiki Treatments—Thursday, July 21, 3rd Thursday of each month - 9:30-11:45 - call 781-942-6794 for an apt. The fee for ½ hour treatment is \$15.

SCUTTLEBUTT

After a nice trip to the USS Massachusetts in June, Scuttlebutt will meet again **Thursday, July 7, at 10:00** at the Pleasant Street Center. I hope to have a B-52 Navigator share his experiences with us.

Hope to see you there.



LUNCH FOR EVERYONE



Lunch with Officer Kristen: Tues., July 19 (the 3rd Tuesday of each month) at 12:15. Kristen is available to answer questions and help resolve issues.

Birthday Lunch: July 25 @ Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free lunch & gift. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$2.00.



Lunch is served: Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50).

S.H.I.N.E.

Questions about Medicare and health insurance? Call for a free appointment (781) 942-6794.

S.H.I.N.E. COUNSELING: (Serving Health Insurance Needs of Elders) Meeting in the Computer Room

Tuesday, July 12, 12:00 – 4:00

Friday, July 15, 10:00 a.m. - 3:00 p.m.

Call for an appointment 781-942-6794.

FITNESS FOR ALL

MONDAYS:

- **Zumba Gold:** Kelli - 9:00 - 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins \$5
- **Yoga** - 11:00 - 12:00 - 3 weeks for \$30 or \$11 drop in.
- **FOREVER 49 Tai Chi** - All your health needs in one program . 1:30 - 2:30 \$49/month or \$13 Drop-ins welcome. **FIRST CLASS FREE**

TUESDAYS:

- **Jacki Sorensen's Fitness Class** - 9:00 - 10:00. \$5/ Session Stretching, Strengthening, Cardio Workout and fun! Please welcome our new instructor - Rosemary. **No class July 5.**
- **Body & Brain Flexibility:** Returning in September

WEDNESDAYS:

- **Zumba Gold:** Veronica - 9:30 - 10:30 Drop-in \$5
- **FOREVER 49 Tai Chi** - All your health needs in one program 1:30 - 2:30 \$49 for month or \$13 for Drop-ins.

THURSDAYS:

- **NEW Jacki Sorensen's Fitness Class** - 9:00 - 10:00. \$5/ Session new instructor - Rosemary

FRIDAYS:

- **B.E.S.T.** - Balance, Energy, Strength, Training 9:00 - 10:00 Lounge. Drop-ins welcome - \$3/Session.

Please refrain from wearing perfumes to exercise classes.

HEALTH SCREENINGS

PODIATRY CLINIC- MON., JULY 11, 10:00 - 12:00

Call (617) 629-2806. Insurance is accepted with certain health diagnosis or the visit is \$40.00, payable at time of service. An insurance referral needs to be on file before day of the visit, or there will be a \$40.00 charge.

Blood Pressure -

- ♥ Tues., July 12, 11:30 - 12:15 by Hallmark Health
- ♥ Wed. July 13, 10:00 - 10:30 Frank Tanner Drive the 2nd Wed. of each month, in the common room.
- ♥ Fri., July 22, 11:30 - 12:00 Nurse Advocate, Alyse Warren



CLASSES, CRAFTS

Art Lessons with Steve Greco: Tuesdays, 9:30 - 12:00, 2 ½ hours for \$10.00. Any medium taught. Minimum of five students for the class;

Advanced Art Class : Tuesdays 1:00 - 3:00 \$10.00 per class

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 New knitters & crocheters welcome.

Computer Classes: Learn to use email, send pictures, use the internet. We have WIFI so bring your own laptop if you want.

- Tuesdays with Nancy 10:00 - 11:30
- Wednesdays with John returning in September

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available IMPORTANT VAN INFO These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed.	TAKE YOUR PICK Each day you may choose a hot or cold lunch. Suggested donation \$2.00 Lunch– Reserve the day before by noon			1 8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 4th of July Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Independence Day <u>Special Lunch</u> BBQ Chicken
4 Independence Day Town Hall and Pleasant Street Center Closed	5 8:30 Burbank YMCA 9:30 Art Lessons 10:00 Computers w/ Nancy 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons Lasagna or Ham/Swiss Cheese Sandwich	6 9:00 Downtown Groceries 9:30 Klickity Klack 9:30 Zumba 10:00 Billiards 10:30 Rockport 12:00 Lunch 1:00 Downtown/Groceries/ Library 1:30 Forever 49 Baked Fish or Chicken Sal- ad Sandwich	7 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 10:00 Scuttlebutt 10:30 Road Trip 12:00 Lunch 12:30 MAH JONGG 1:00 Movie - "Brooklyn" Stuffed Pepper or Seafood Salad Sandwich	8 8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Representative Jones 10:15 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Chicken Marsala or Roast Beef /Provolone Cheese Sandwich
11 9:00 Downtown/ Gro- ceries/Library 9:00 Zumba Gold 10:00 Podiatrist 11:00 Yoga 12:00 Lunch 1:00 Walmart 1:00 Cribbage 1:30 Forever 49 Mac & Cheese or Chick- en Salad Sandwich	12 8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/ Nancy 11:00 Road Trip 11:30 Blood Pressure 12:00 Lunch 12:00 SHINE 1:00 Bingo 1:00 Advanced Art Lessons Beef Lo Mein or Chef Salad	13 9:00 Downtown Groceries 9:30 Klickity Klack 9:30 Zumba 10:00 Low Vision 10:00 Billiards 12:00 Lunch 1:00 Downtown/Groceries/ Library 1:30 Parkinson Support 1:30 Forever 49 Broccoli Quiche or Seafood Salad Sandwich	14 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Manicure 11:45 Skin Health 12:00 Luau Lunch 12:30 MAH JONGG Aloha Chicken or Cottage Cheese Fruit Plate	15 8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 SHINE 10:00 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Baked Fish or Roast Beef/Provolone Cheese Sandwich
18 9:00 Downtown/ Gro- ceries/Library 9:00 Zumba Gold 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Ocean State Job Lot 1:00 Cribbage 1:30 Forever 49 Beef Stroganoff or BBQ Chicken	19 8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/Nancy 12:00 Lunch w/Officer Kristen 1:00 Bingo 1:00 Advanced Art Lessons Fish Florentine or Ham/Swiss Cheese Sandwich	20 9:00 Downtown Groceries 9:30 Zumba 9:30 Klickity Klack 10:00 Billiards 11:00 Get the Scoop 12:00 Lunch 1:00 Downtown/Groceries/ Library 1:30 Forever 49 Hot Dog or Egg Salad Sand- wich	21 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 9:30 Reiki 12:00 Lunch 12:30 MAH JONGG 1:00 Movie - "Spotlight" Chicken a la King or Roast Beef/American Cheese Sandwich	22 8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Blood Pressure 11:30 Lunch 12:00 Party Bridge 12:45 AA 1:00 Chess Spinach Frittata or Tur- key/Swiss Cheese Sand- wich
25 9:00 Downtown/ Groceries/Library 9:00 Zumba Gold 11:00 Yoga 12:00 Birthday Lunch 1:00 Woburn Mall/ Target/Kohls 1:00 Cribbage 1:30 Forever 49 Greek Chicken or Egg Salad Sandwich	26 8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/Nancy 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons Egg Plant Parm or Roast Beef/ Swiss Cheese Sandwich	27 9:00 Downtown Groceries 9:30 Zumba 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:00 Downtown/Groceries/ Library 1:30 Forever 49 Veggie Burger or Tuna Sal- ad Sandwich	28 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 1:30 Game Day 5:00 Lobster Roll Dinner Pot Roast or Chicken Sal- ad Sandwich	29 8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Lunch 12:00 Party Bridge 12:45 AA 1:00 Chess Fish Fillet or Chef Salad

On the Go!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Pleasant Street Center (781) 942-6794. The times listed below are expected time of arrival at the destination.

Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Wal-Mart for everyone

Monday, July 11, 1:00 - 2:30

Ocean State Job Lot - NEW

Mon. July 18 1:00 p.m. 1:00 - 2:30

Woburn Mall, Target or Kohl's for everyone

Monday, July 25 1:00 - 2:30

**Downtown Errands, Grocery Shopping or Library for everyone**

All Mondays, 9:00 - 10:15

All Wednesdays, 1:00 - 2:15

Burbank YMCA for everyone - All Tuesdays and Thursdays, 8:30 - 10:30 a.m.**Podiatrist at The Pleasant St. Center -**

Monday, July 11, 10:00 - 12:00

Stop & Shop or Market Basket:

Neighborhood Grocery Shopping Wed., 8:45 - 10:00

Cedar Glen Grocery Shopping Thurs., 8:45 - 10:00

Tannerville Grocery Shopping Fridays, 8:45 - 10:00

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

The Pleasant Street Center is closed Monday, July 4th (Independence Day)

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SENIOR GROUPS

Writer's Group: Will resume in October.

Low Vision Group: – **Low Vision Group:** – Wed., July 13, 10:00 - Guest Speaker Kerry Valle, Case Worker for Reading Elder/Human Services.



Parkinson's Support Group: – Wed., July 13, 1:30 to 3 - Led by Kathy Hill, PT with the Greater Medford VNA. Meets every 2nd Wed.

Get the Scoop on Summer Reading Wed, July 20, 11:00 at the Pleasant St Center. A fun filled annual tradition with an ice cream social with the latest book reviews. Join your favorite literary librarians as they dish out hot summer reads and cool ice cream.



LIBRARY HAPPENINGS

LiveWires Presents: *Brilliant Beacons a History of the American Lighthouse*

Tues., July 26, 7:00 p.m. at the Pleasant St Center, Eric Jay Dolin, best-selling author of *Leviathan*, presents a lively history of American lighthouses. With the backdrop of an expanding nation, Dolin traces the evolution of America's lighthouse system, outlining the political, military, and technological battles fought to illuminate the nation's hardscrabble coastlines. Book sale & signing to follow.



COMING SOON: MEMORY CAFE

WHAT IS A MEMORY CAFÉ?

A memory café is a social gathering for people living with memory loss and those who care for them. Experiencing or caring for someone with memory loss can be isolating, the café offers an opportunity to socialize, participate in an activity, and make new friends in an accepting environment.

WHAT HAPPENS AT THE CAFÉ?

Guests have the opportunity for conversation, refreshments, and fun activities that change month to month. The goal is to relax and get to know others with similar challenges.

Reading Human/Elder Services will be starting a Memory Café in November 2016. If you would like to be informed of the happenings, please contact Kerry Valle, Case Manager at 781-942-6659 or Alyse Warren, Nurse Advocate at 781-942-6693.

ART SHOW WINNERS

- 1st Place Ruth Kelloway
- "Boy and dog by the water"
- 2nd Place Gloria Aluisse
- "Eye-catching"
- 3rd Place Darryll Firenze
- "Wolves in birches"



The art class will display their work in all the rooms on the second floor for the next 3 months. Stop by and check it out.

LAMP REPAIR

We have a new volunteer repairing lamps! Drop off your broken lamp with the Receptionist, you will be contacted when it is fixed. Pay for parts only.



QUESTIONS/CONCERNS?

Council on Aging: meetings resume in Sept, 6:30—8:00 pm

Board of Selectmen Office Hours: Tues., July 5, 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours: Friday, July 8, 10:15 - 11:15

Senator Jason Lewis: Friday, July 15, 2:30—3:30

Congressman Seth Moulton
17 Peabody Square
Peabody, MA 01960
Phone: (978) 531-1669
Fax: (978) 531-1996

COMING SOON!!

Tired of signing-in for every activity at the Center?

Later this summer we are introducing our new electronic sign-in. Just a few touches of the screen and you are all set to go.

By using the touchscreen ...

- Automatically entered into the monthly drawing.
- No need to sign your name over and over again.
- Ensure accurate reporting for statistics.

Look for more information during the month!



READING ROAD TRIPS

Through the generosity of the Reading Council on Aging, we are offering trips. Transportation is free! Lunch, and entertainment costs are the responsibility of the individual.

Seats are limited. We ask you to sign-up for one trip and check back five days before the next trip for availability. Reservations by calling (781) 942-6794. Open to **Reading** residents age 60+. A minimum of 5 is required for the trip. **Times are destination arrival times.**



Thursday, July 7, 10:30 – 2:00 **Rockport – Bearskin Neck** The bus will go to Blue Gate Parking lot then you will take the trolley shuttle bus (\$1.00 round trip for seniors) to Bearskin Neck and enjoy lunch on your own, shopping and sightseeing.



Tuesday, July 12, 11:00 – 2:00 Lunch at **Woodman's of Essex** then off to the White Elephant Shop for some shopping or browsing.

READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

Pleasantries
Reading Senior Newsletter



Stay cool and drink lots of water!

DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.